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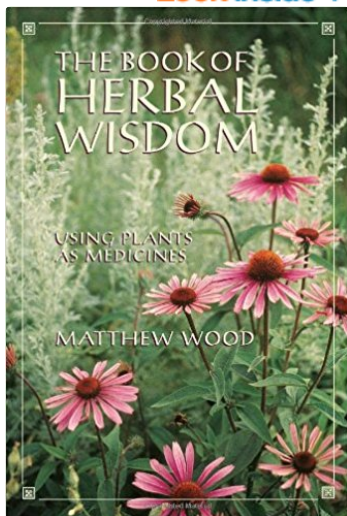
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by [Matthew Wood](#) (Author)

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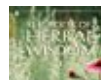
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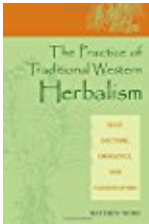
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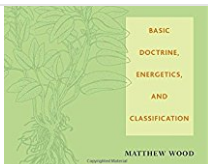
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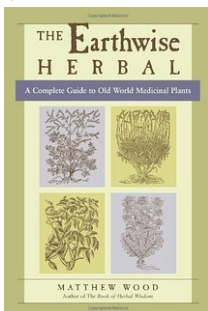
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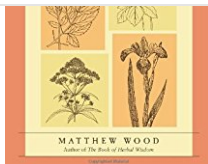
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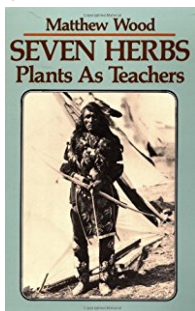
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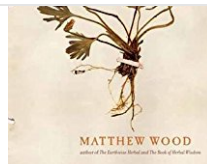
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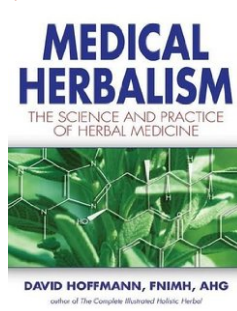
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Review

"There are many fine herb books written by our country's great herbalists gracing the shelves these days. But only once in a while does a classic arise. *The Book of Herbal Wisdom* is surely that. Written with grace, intelligence, and warmth, this book is richly infused with the gift of wisdom and earns its title at every turn."
- Rosemary Gladstar

From the Back Cover

In *The Book of Herbal Wisdom* Matthew Wood creates a vast and sweeping history of herbalism, drawing on Western botanical knowledge, homeopathy, Traditional Chinese Medicine, and Native American shamanic botony. Detailing the history and use of more than forty plants, he shows how each tradition views a plant, as well as its use in cases drawn from his own herbal and homeopathic practice. An initial section describes signatures, similars, and patterns in these



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people are exploring empirical enthnosciences with a seriousness unparalleled in history. In no other contemporary botanical compendium have North American Indian medicine, homeopathy, Traditional Chinese Medicine, and Western herbalism been so thoroughly integrated, and so engagingly described.

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A little bit life-changing

By [4321](#) on August 20, 2015

Format: Paperback [Verified Purchase](#)

This book is not for someone who just wants a "here, take this herb for your headache" approach, so at first I was quite disappointed by it, and I put it on a shelf and left it. A few years later, when my attitude about medicine had changed considerably, I picked it up again and found it to be utterly engrossing and very rewarding. Its function is to give one a deeper understanding of how plants interact with our bodies and lives to heal us holistically. It inspires one to look at and thoroughly understand the plant before using it.



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One of if not the best books out there on the subject

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Published 13 days ago by tina bierhal



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ideas of how they would work based on their form. Before I read the entire description of the Iris, I guessed that it would be useful for blood sugar problems because I have noticed that Irises smell like grape Kool-Aid. Later I came across some Jimsonweed in my yard and immediately guessed at its poisonous, nerve-affecting and heart-affecting properties based on the four-chambered spiky, head-like seed pod. When I looked up later, there was also a reference to the extreme laxity of its users, just like the laxity of the plant. It is hilariously cartoonish.

I gained a deeper understanding of herbs from this book; but I also gained the understanding that herbalism is a lifetime study just like conventional medicine. You will not become an accomplished herbalist just by reading the book; but you can use it as a map for your journey.

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Incredible Herb Book

By [Jane Trezise](#) on February 20, 2014

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This book has become my first line go to resource for herbal informaion. The author has a lyrical style of writing that is so engaging that reading about the herbs is absolutely a fascinating story. He takes us back to the Greeks, and how they used the herb, and brings us through the centuries of the plant's use, citing passages in Old English as well as Native American lore, a true ethnobotanical history of the plants. His personal case histories are amazing to read and give a deep insight into not only the ailments the herbs treat, but the underlying psychology and personality traits the herbs have an affinity for. THIS is a MUST READ for anyone with even a cursory interest in herbs.

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Best Herbal Book Ever imho

By [StarGypsy Hood](#) on July 21, 2016

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this the very best herbal book I have or have EVER read. believe me I have quite the library and I love all my herbal books and value them to the max but this one stands out, even in all Matthew's books, this one has so much and on so many levels. he's a really bright guy with as good of an education as you can get in herbal medicine so you have the foundation covered there.

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it really is a well named book! ps/ I have never met matt in person. just so you know i 'am not smoozing.

[Read less](#)[Comment](#)6 people found this helpful. Was this review helpful to you? [Report abuse](#)**Wonderful guide**By [bluedogchef](#) on March 9, 2017Format: Paperback **Verified Purchase**

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I've been an herbalist for nearly two decades and, like any good herbalist, I have an extensive herbal library; however, this book by Matthew Wood is my absolute, hands-down favorite. I find myself returning to this book over and over again. I have more technical herbals in my library, and I have more practical herbals in my library; but, I do not have a more intimate herbal in my library. This is an herbal you can curl up with, and feel warm and fuzzy as you read it (and I have). This book has helped to develop my love relationship with herbs. After reading this Matthew Wood title, I long to spend time with the "green friends" I've read about; and, when I finally get to see them in person, my affection is so great that I find myself literally fondling them and gazing at them in utter amazement. Some of my favorite herbs highlighted by Mr. Wood in his book: Yarrow, the Wounded-Warrior Herb; Plantain, Nature's Band-aid; Echinacea; Elderberry; Calendula; Horse-tail; Red Clover; Mullein; Nettles; and many more.

good real life examples included. [Read more](#)

Published 7 months ago by keyboardsmash

The title is true: much wisdom is shared

This is exactly what I was looking for: a book that would help me to understand the nature of herbs, not just their uses. [Read more](#)

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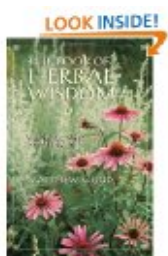
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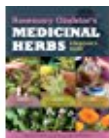


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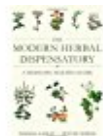
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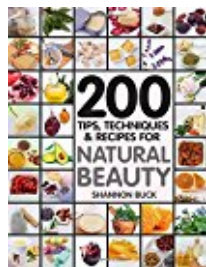
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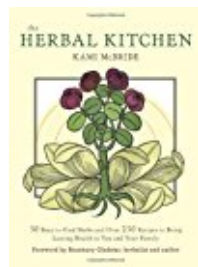
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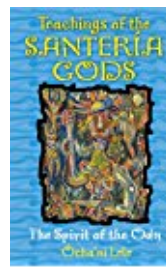
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

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